

# 1v1 Turn and Face 4 Goals

**Objective** – Carry the ball under pressure

GameFocusResetProgression

1. On signal, 1st player in each line sprints out and circles respective cone
2. on turn, next player in attacking line plays ball to teammate which starts 1v1
3. On completion, players go to opposite lines and next bout starts

## **Attacker**

1. Track ball prior to turn, take intentional 1st touch

## **Defender** –

1. Read movement of opponent and ball to determine angle to initiate confrontation, look to isolate defender and moment to win ball

Next players start

1. Use mini-goals
2. Use 2 goals instead of 4
3. Player must be in goal zone to score

